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ABSTRACT OF THE DISCLOSURE

A telecommunication optical fiber cable and in particular a reduced diameter optical cable with improved installation features for use in the end part of an access telecommunication network. The optical fiber cable has a number of optical fibers; at least a core tube containing the optical fibers; a jacket surrounding the core tube; and at least one strength rod spaced from the central axis, the cable having a twisting stiffness $G \cdot J_p$, wherein G is the elastic shear modulus; and J_p is the polar moment of inertia of a cable section, wherein the twisting stiffness $G \cdot J_p$ is lower than or equal to 0.10 Nm^2 , preferably lower than or equal to 0.05 Nm^2 , and more preferably lower than or equal to 0.02 Nm^2 . The cable is profitably installable by a blown method.